

2004 SPRING

# BOATING

## Green Lake Small Craft Center

### Rowing, Sailing, Canoeing, and Kayaking



#### MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

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# General Information & Special Events

## Quick History Bits

Seattle Parks and Recreation has been offering recreation opportunities since 1891. Outdoor aquatics programming has been a cornerstone of the comprehensive recreation focus with a long history of safety and fun:

- Green Lake Small Craft Center has a 56 year history of service to the community as a small craft center.
- Mount Baker Rowing and Sailing Center brings enthusiasm to the outdoor aquatics team as the newest member with 19 years of operation.

There are over 400 parks and open areas, with almost 6,200 acres of park land.

<b>Green Lake Boat Rental:</b>	206-527-0171
<b>Green Lake Comm. Center:</b>	206-684-0780
<b>Evans Pool:</b>	206-684-4961
<b>Mount Baker Row &amp; Sail:</b>	206-386-1913
<b>Parks &amp; Rec. Information:</b>	206-684-4075
<b>Senior Programs, Parks:</b>	206-684-4951
<b>Seafair Information:</b>	206-728-0123
<b>Tree Questions:</b>	206-684-4113

## 2004 REGATTAS

### GREEN LAKE SPRING REGATTA

Date: Saturday, March 20

Join us for the 42nd Annual Green Lake Spring Regatta. It is a 1,000 meter course, offering events for every rower! Watch the Green Lake Crew website for entry information and for the results afterwards!  
([www.greenlakecrew.org](http://www.greenlakecrew.org))

### TED HOUK REGATTA

Date: Sat. & Sun., June 12 & 13

The regatta is sponsored by the Seattle Canoe Club. It includes all Canoe/Kayak categories. Please contact the Green Lake Small Craft Center for information at 206-684-4074.

## TWO BOATING LOCATIONS

The Green Lake Small Craft Center and the Mount Baker Rowing and Sailing Center are instructional facilities, designed to introduce the public to safe and enjoyable use of small crafts. **The centers do not rent boats.** Hours of operation vary, depending on program times. The two facilities offer comparable programs and opportunities. Citizens are encouraged to select the location which is most convenient.

For information please call either facility:

### GREEN LAKE SMALL CRAFT CENTER

5900 W Green Lake Way N  
Seattle, WA 98103  
PH: 206-684-4074  
FAX: 206-684-4042  
E-mail: [glrowing@aol.com](mailto:glrowing@aol.com)  
[www.greenlakecrew.org](http://www.greenlakecrew.org)  
[www.scn.org/rec/sckc](http://www.scn.org/rec/sckc)

### MOUNT BAKER ROWING AND SAILING CENTER

3800 Lake Washington Blvd S  
Seattle, WA 98118  
PH: 206-386-1913  
FAX: 206-386-1914  
E-mail: [mount.baker@seattle.gov](mailto:mount.baker@seattle.gov)  
[www.mtbaker.com](http://www.mtbaker.com)

To access more Park information, we invite you to visit our website at [www.seattle.gov/parks](http://www.seattle.gov/parks).

# Citywide Pool and Boat Ramp Information

## CITY POOLS

<b>Ballard Pool</b> Served by Metro Bus #15	1471 NW 67th 206-684-4094
<b>Evans Pool</b> Served by Metro Bus #16, 26, & 48	7201 E Green Lake Dr N 206-684-4961
<b>Madison Pool</b> Served by Metro Bus #317	13401 Meridian Ave N 206-684-4979
<b>Meadowbrook Pool</b> Served by Metro Bus #64 & 65	10515 35th Ave NE 206-684-4989
<b>Medgar Evers Pool</b> Served by Metro Bus #3, 4, & 48	500 23rd Ave E 206-684-4766
<b>Queen Anne Pool</b> Served by Metro Bus #3, 4, & 13	1920 1st West 206-386-4282
<b>Rainier Beach Pool</b> Served by Metro Bus #7, 36, 42, 48, 106, & 107	8825 Rainier Ave S 206-386-1944
<b>Southwest Pool</b> Served by Metro Bus #22	2801 SW Thistle 206-684-7440

**A Float Test may be taken at any of the above city pools.  
Personal identification is required.**

## Spring Pool Fees

### Recreation Swimming

Infants (under 1 yr)	FREE
Youth (18 & under)	\$2.25
Recreation Punch Card	\$20.00
Adult	\$3.25
Seniors (65+)/Spec. Pop.	\$2.25

### Fitness

Fitness Punch Card	\$30.00
Lap Swim, Adult	\$3.75
Lap Swim, Senior	\$2.50

Water Exercise & Hydrofit  
Masters Training  
Aqua Jogging

Adults	\$3.50
Seniors	\$2.50

### RECREATION SWIM PASS

(\$22 value)	\$20.00
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### FITNESS PASS

(\$33 value)	\$30.00
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### MONTHLY SWIM PASS

Adult FAST Pass	\$45.00
Senior/Youth FAST Pass	\$35.00

## FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. **The float test is valid for three years.** Float tests may be taken at any swimming pool (or beach) while under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water.

Please call the pool ahead of time to arrange your float test.

## BOAT LAUNCH INFORMATION

### LOCATION

Don Armeni Boat Ramp	1228 Harbor Avenue SW
Warren Magnuson Boat Ramp	Sandpoint Way & NE 65th
Eddie Vine Boat Ramp	8500 block of Seaview Ave N.
Stan Sayres Boat Ramp	3800 Lake Wash Blvd S
Atlantic City Boat Ramp	Seward Park Ave & S Henderson
14th Ave Northwest Boat Ramp	45th & 14th Ave NW
Sunnyside Boat Ramp	2401 N Northlake Way

### Annual Boat Launch User Permits

The purchase of a permit is a time and money saving way to use any of Seattle's major boat ramps. The cost of the "Day Use Only" permit is **\$80** while a pass with "Overnight Privileges" is **\$110**. Either pass is valid through December 2004. Call 206-684-7249 or 206-684-4081 to order your permit.

### Fees

Day Fee:	\$5		
Overnight Fee:	1 Night \$12	2 Nights \$19	
	3 Nights \$26	4 Nights \$33 - Max 4 nights	

# Youth Rowing

## YOUTH ROWING

Rowing on a team is a great experience! A sense of accomplishment and pride are gained as youth work to meet the physical and mental challenges of the sport of rowing. The class is open to boys and girls ages 13-18 and in grades 8-12. Classes teach the basic fundamentals of the stroke as well as boat handling, water safety, and care of equipment. All classes are 2 hours and are geared towards competitive rowing.

Registration for Spring is due by **5:00pm on Wednesday, January 14** with returning rowers given priority until that date. A lottery system will be used if enrollment exceeds capacity on **January 14**. Occasional additional practices may be scheduled. There will be **no Crew February 16**. Mail-in and walk-in registrations only prior to January 30, after which time phone-in registration will **also** be accepted, if space is still available.

The cost of this program also covers one local regatta; there are several additional regattas that everyone will attend, for which fees will be assessed separately. Low income scholarships and/or discounts are available; please pick up an application form from the office.

If your athlete started rowing after June 1, 2003, register him/her in the Novice program. Attendance is required for all Novices the first two weeks of practice.

### ♦ GREEN LAKE

#### Novice GIRLS

3100.2R M-F 3:30pm Feb 3-May 18 \*H \$275

#### Novice BOYS

3101.2R M-F 4:30pm Feb 3-May 18 \*H \$275  
(class starts at 3:30pm until March 15)

#### Experienced GIRLS

3200.2R M-F 3:30pm Feb 3-May 18 \*H \$295

#### Experienced BOYS

3201.2R M-F 4:30pm Feb 3-May 18 \*H \$295  
(class starts at 3:30pm until March 15)



## WINTER CONDITIONING: YOUTH

Experience that great feeling of being fit and fast for the coming racing season. This 1.5 hour class will be taught by our certified strength and conditioning instructors and will give you the edge for rowing. Youth ages 13 to 18 are welcome. **Experienced rowers only.**

Both classes meet at 3:30pm, Monday through Friday, from January 5th to the 30th.

Girls: 7600.1R \*H \$62  
Boys: 7601.1R \*H \$62

**\*H** No classes will be held on the following Holiday dates: January 1; 19; February 14-16; April 11; May 29-31.

**\*R** No classes on Saturday, March 20 at Green Lake due to the Spring Rowing Regatta.

# Adult Rowing

## LEARN to ROW - ROWING I: Adults

Our learn to row - beginning classes teach the fundamentals of rowing. This "on the water" class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and quickly progress to rowing eight-oared racing shells or sleek singles. Sculling is with two oars per person, and sweep rowing is with one oar per person. Satisfactory completion of this class will qualify you for our novice rowing program. Classes meet for 2 hours -- for a total of 20 hours of instruction -- and start times are listed. We row rain or shine, so come prepared!

### Sweep

3301.1R	SSu	11:00am	Feb 7-Mar 14	*H	\$95
3302.2R	SSu	11:00am	Mar 21-Apr 25	*H	\$95
3303.2R	MW	6:30pm	Apr 12-May 12		\$95
3304.2R	SSu	11:00am	May 1-Jun 6	*H	\$95
3305.2R	MW	5:30am	May 17-Jun 21	*H	\$95
3306.2R	MW	6:30pm	May 17-Jun 21	*H	\$95

### Sculling

3402.1R	MWF	9:00am	Feb 2-Feb 25	*H	\$95
3403.1R	SSu	11:00am	Feb 7-Mar 14	*H	\$95
3404.1R	MWF	9:00am	Mar 1-Mar 22		\$95
3405.2R	SSu	11:00am	Mar 21-Apr 25	*H	\$95
3406.2R	MWF	9:00am	Apr 5-Apr 26		\$95
3407.2R	MWF	9:00am	May 3-May 24		\$95
3408.2R	SSu	11:00am	May 1-Jun 6	*H	\$95

# Adult Rowing continued

## NOVICE CREW - ROWING II: Adults

Continue to fine tune your rowing technique. Improve your skills with drills and increase your aerobic capabilities with rowing. Instruction will be given for sweep rowing or sculling. Prerequisite for this class is a minimum of one Learn to Row course or equivalent; a complete physical and cardiac evaluation is strongly recommended for rowers over age 40. Starting times are listed and classes are 2 hours in length.

### Sweep

3500.1R	SSu	10:00am	Jan 10-Feb 8	\$70
3501.1R	SSu	9:00am	Feb 21-Mar 14	\$56
3502.2R	SSu	9:00am	Mar 21-Apr 25	*H \$70
3503.2R	TTh	6:30pm	Apr 13-May 13	\$70
3504.2R	SSu	9:00am	May 1-Jun 6	*H \$70
3505.2R	TTh	5:30am	May 18-Jun 17	\$70
3506.2R	TTh	6:30pm	May 18-Jun 17	\$70

### Sculling

3600.1R	SSu	10:00am	Jan 10-Feb 8	\$70
3601.1R	TTh	9:00am	Jan 6-Jan 29	\$56
3602.1R	TTh	9:00am	Feb 3-Feb 26	\$56
3603.1R	SSu	9:00am	Feb 21-Mar 14	\$56
3604.1R	TTh	9:00am	Mar 2-Mar 25	\$56
3605.2R	SSu	9:00am	Mar 21-Apr 25	*H \$70
3606.2R	TTh	9:00am	Mar 30-Apr 29	\$70
3607.2R	TTh	9:00am	May 4-May 27	\$56
3608.2R	SSu	9:00am	May 1-Jun 6	*H \$70

## INTERMEDIATE/RECREATION CREW - ROWING III: Adults

Develop your rowing skills, increase your aerobic capacity, improve your overall condition. You may participate in local regattas or just enjoy the serenity of the sport in sweep or sculling boats. Starting times are listed and classes are 2 hours in length.

### Sweep

3700.1R	SSu	10:00am	Jan 10-Feb 8	\$70
3701.1R	SSu	9:00am	Feb 21-Mar 14	\$56
3702.2R	SSu	9:00am	Mar 21-Apr 25	*H \$70
3703.2R	TTh	6:30pm	Apr 13-May 13	\$70
3704.2R	SSu	9:00am	May 1-Jun 6	*H \$70
3705.2R	TTh	5:30am	May 18-Jun 17	\$70
3706.2R	TTh	6:30pm	May 18-Jun 17	\$70

### Sculling

3800.1R	SSu	10:00am	Jan 10-Feb 8	\$70
3801.1R	SSu	9:00am	Feb 21-Mar 14	\$56
3802.2R	SSu	9:00am	Mar 21-Apr 25	*H \$70
3803.2R	TTh	5:30am	Apr 13-May 13	\$70
3804.2R	SSu	9:00am	May 1-Jun 6	*H \$70
3805.2R	TTh	5:30am	May 18-Jun 17	\$70

\*H No classes will be held on the following Holiday dates: January 1; 19; February 14-16; April 11; May 29-31.

\*R No classes on Saturday, March 20 at Green Lake due to the Spring Rowing Regatta.

# Adult Rowing continued

## COMPETITIVE CREW - ROWING IV: Adults

Be part of the TEAM! A competition and fitness program for the serious adult rower. On and off the water conditioning, advanced rowing technique, and racing skills are included in preparation for competition. On the water workouts may be determined by available daylight. A strong commitment and regular attendance are expected. Starting times are listed and classes are two hours. Saturday classes meet at 7:00am unless otherwise noted.

### Sweep

3901.1R	SSu	8:00am	Jan 10-Feb 8	\$70
3903.1R	MWFS	5:30am	Feb 18-Mar 19	\$126
3905.2R	MWFS	5:30am	Mar 22-Apr 30	\$161
3907.2R	MWFS	5:30am	May 3-Jun 20 *H	\$175

### Sculling

3900.1R	SSu	8:00am	Jan 10-Feb 8	\$70
3902.1R	MWFS	5:30am	Feb 18-Mar 19	\$126
3904.2R	MWFS	5:30am	Mar 22-Apr 30	\$161
3906.2R	MWFS	5:30am	May 3-Jun 20 *H	\$175

### \* \* \* ALUM TREATMENT \* \* \*

As part of the City of Seattle's objective to keep Green Lake desirable for multiple users, one of the current nuisances will be confronted: the overabundance of blue green algae (cyanobacteria). These micro-organisms diminish the water's clarity, smell badly when they decay on the shore, and detract from the lake's overall appearance. At times, they release toxins into the water which necessitates closing the lake to protect public health.

This winter, the City will apply aluminum sulfate (alum) and sodium aluminate in the lake, in order to bind phosphorus (the primary cause of the algae) into the sediments. This will improve water clarity, almost immediately.

## OPEN ROWING

Drop-in rowing is available on a limited basis. An Open Rowing Card is good for 10 rowing sessions during regularly scheduled mid-day Level II/III Rowing classes, for a non-refundable fee of \$90. A current float test and signed release form must be on file. Cards are valid for one year from purchase date.

## WINTER CONDITIONING: ADULTS

Let our certified strength and conditioning instructors help you achieve your New Year's resolution by joining a conditioning class! This is a great way to increase strength and endurance. Class is 1.5 hours long. Some rowing experience is desired.

7602.1R	MW	6:00pm	Jan 5-Feb 9	*H	\$43
7603.1R	MW	6:00pm	Feb 11-Mar 17	*H	\$43

# Sailing

## LEARN TO SAIL: Adults

Take advantage of the Spring breezes with our Toppers! Learn rigging, sailing theory, water safety, and more. All equipment is provided. Extra clothes are suggested as to the "wetness" of the class!

Optional instructional sailing books are available for \$15. Starting times are listed; classes are 2.5 hours long on weekdays, 3.5 hours long on weekends.

2401.2S	MW	6:00pm	Apr 19-May 12	\$120
2402.2S	Su	12:00pm	May 2-Jun 13	*H \$120
2403.2S	MW	6:00pm	May 17-Jun 14	*H \$120

## SAILING CAMP: Youth

Monday through Friday, 10:00am to 2:00pm for kids ages 11-17. Learn to sail this spring . . . be ready to enjoy summer on the water. New sailors learn small boat safety, rigging, and sailing the Topper sailboats. Experienced sailors may also enroll to learn racing techniques and improve basic skills!

All equipment, including life jackets, is provided. Bring a sack lunch and extra clothes!

2100.2S	M-F	10:00am	Apr 6-Apr 9	\$110
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## *New Class !*

## LEARN TO SAIL: Senior Adults

This is a golden opportunity to start from the water up -- so to speak -- to learn how to sail in our stable and fun one-person Topper sailboats here on Green Lake. Plan on getting wet! The program is geared toward active older adults; must be 55 years or older to participate.

All supplies are included in the class price. Optional instructional sailing books are available for \$15. Start times are listed; classes are 2.5 hours long. The cost is listed for adults; the price is \$104 for participants 65 years and older.

2501.2S	TTh	6:00pm	Apr 20-May 13	\$120
2502.2S	TTh	6:00pm	May 18-Jun 10	\$120

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## \* \* \* ALUM TREATMENT \* \* \*

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# SEATTLE CANOE CLUB

Join the fun at Green Lake's Seattle Canoe and Kayak Club. The club's primary focus historically has been Olympic flatwater kayak and canoe racing but there's much more than that available at Seattle's best kept secret. Whether you want to make the next Olympic Team, photograph birds from the quiet comfort of a canoe, get in shape or stay in shape, the Seattle Canoe and Kayak Club has what you need. With everything from sea kayaking to marathon canoeing, and with the strongest youth Olympic Development program on the west coast, the Club is a perfect place for family fun or for adults wanting to meet others who love to kayak and canoe. Membership is not required for classes with fees listed.

Club membership is open to the general public, and allows access to the canoes and kayaks owned by the Club for use on Green Lake. Current float tests are required. For more information, including registration fees and membership instructions, see page 13.

## FREE FUN PADDLE

The Seattle Canoe Club sponsors informal fun time trials the first Tuesday evening of the month, April 6 through September 7, at 6:00pm. This program is open to the general public free of charge.

Prior to participation you need to complete a float test and sign a risk and release form. The float test may be completed at a city pool or by a certified lifeguard.

Come down and see how the Club works, and what it has to offer *you!*

## Adult Training Group

Every Tuesday and Thursday evening, no matter what blend of rain, sleet, or wind, a dedicated group of adult paddlers enjoys a workout. Club membership is required to participate, but you don't need to have prior experience to join in, do well, and have fun. Training boats are used if necessary, but you'll also be paired in team boats with more experienced paddlers in order to advance more quickly.

Racing is not required, but opportunities will be available to represent the Seattle Canoe and Kayak Club at races around the Northwest.

## INTRODUCTION to CANOEING

Join us for a fun, on-the-water course designed to build paddling skills for safe solo and partner canoeing. Our menu includes over 20 paddling strokes used to control a canoe in a variety of situations. Minimum age is 16, or 10 if accompanied by an adult. All equipment is provided. Starting times are listed below. Weekday classes are 2.5 hours in length; weekend 3.3. The cost is \$70 for adults and \$45 for youth and seniors.

1501.2C	Sat	9:00am	Apr 17-May 1	\$70
1502.2C	MW	6:00pm	May 3-May 12	\$70
1503.2C	TTh	6:00pm	May 18-May 27	\$70
1504.2C	Sat	9:00am	May 22-Jun 12	*H \$70
1505.2C	MW	6:00pm	Jun 7-Jun 16	\$70

# Kayaking continued

## INTRODUCTION to KAYAKING

A course for the beginner or novice, emphasizing good paddling technique and sea kayaking skills. We will help you get your feet wet (so to speak....), answer your endless kayak questions and make sure you have lots of fun!

Minimum age is 16, or 10 if accompanied by an adult. Starting time is listed. Weekday classes are 2.5 hours; weekend classes are 3.3 hours in length. All equipment is provided. The cost is \$70 for adults and \$45 for youth and seniors.

1801.1K	Sun	9:00am	Mar 7-Mar 21	\$70
1802.2K	Sat	9:00am	Apr 3-Apr 17	\$70
1803.2K	TTh	6:00pm	Apr 13-Apr 22	\$70
1804.2K	Mon	6:00pm	Apr 19-May 10	\$70
1805.2K	Thurs	6:00pm	May 6-May 27	\$70
1806.2K	Sun	9:00am	May 9-May 23	\$70
1807.2K	MW	6:00pm	Jun 7-Jun 16	\$70
1808.2K	TTh	6:00pm	Jun 15-Jun 24	\$70

## FLATWATER KAYAKING

Balance, paddling techniques, and conditioning will be the focus of this physically challenging class. Participants progress from the stable trainer kayaks into the high performance "Olympic class flatwater kayaks". Skills learned will transfer to sea or river paddling.

The prerequisite is "Introduction to Kayaking" or instructor approval. Minimum age is 16, or 12 if accompanied by an adult. Class meets for 2.5 hours. The cost is \$70 for adults and \$45 for youth and seniors.

1901.2K	Th	6:00pm	Jun 3-Jun 24	\$70
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**\*H** No classes will be held on the following Holiday dates: January 1; 19; February 14-16; April 11; May 29-31.

**\*R** No classes on Saturday, March 20 at Green Lake due to the Spring Rowing Regatta.

## YOUTH CANOE AND KAYAK

The Seattle Canoe Club's Sprint Racing Team enables athletes to focus on competitive canoe and kayak racing. Participants can race in local, regional, and national competitions. Green Lake is one of a few national training centers designated by the U.S. Canoe and Kayak Team.

### YOUTH SPRINT RACING: Level 1

Level I participants will learn water safety and basic paddling skills in an assortment of canoes and kayaks. As skills increase, paddlers will learn race paddling techniques. Program is open to all boys and girls in grades six to twelve. Previous paddling experience is not required, and all equipment is provided. Starting time is listed, and classes are two hours in length.

1001.1C	MW	4:00pm	Mar 8-Mar 31	\$50
1002.2C	MW	4:00pm	Apr 5-Apr 28	\$50
1003.2C	MW	4:00pm	May 3-May 26	\$50
1004.2C	MW	4:00pm	Jun 7-Jun 30	\$50

### YOUTH SPRINT RACING: Level 2

The focus of this class will be to improve technique, boat handling, team work, and racing technique. Athletes will progress at their own pace. Completion at this level and coaches approval are required to join the more demanding Sprint Racing Team. Starting times are listed and classes are 2 hours. Saturday class meets at 10:30am.

1101.1C	TThS	4:00pm	Mar 2-Mar 30	<b>*R</b>	\$70
1102.2C	TThS	4:00pm	Apr 1-Apr 27		\$70
1103.2C	TThS	4:00pm	Apr 29-May 25		\$70
1104.2C	TThS	4:00pm	Jun 1-Jun 26		\$70

### SPRINT RACING TEAM: Level 3

Athletes train to improve technique and physical conditioning. Completion of the Level II class and permission of the coach are required for enrollment. Classes are 2 hours. Sat. classes start at 8:00am.

1201.1C	WS	3:30pm	Jan 7-Mar 27	<b>*HR</b>	\$111
1301.1C	MWS	3:30pm	Jan 5-Mar 27	<b>*HR</b>	\$167
1401.1C	MWFS	3:30pm	Jan 5-Mar 27	<b>*HR</b>	\$222
1202.2C	WS	3:30pm	Mar 31-Jun 11	<b>*H</b>	\$106
1302.2C	MWS	3:30pm	Mar 29-Jun 11	<b>*H</b>	\$159
1402.2C	MWFS	3:30pm	Mar 29-Jun 11	<b>*H</b>	\$212

## Membership Information: Seattle Canoe & Kayak Club

The Seattle Canoe & Kayak Club offers both competitive and recreational activities for flatwater canoeists and kayakers. Membership gives paddlers access to Club equipment for use on Green Lake and, through a check-out process, for use on local lakes and rivers. The Club has over 40 boats, including sea kayaks, Olympic style racing kayaks, recreational canoes, and Marathon canoes.

Paddling classes for the general public are taught at Green Lake by qualified instructors, and Club members are permitted to enroll in these classes free of charge if space permits.

The Club sponsors competitive races in the Seattle area that attract racers from all over the region. The Annual Ted Houk Memorial Regatta offers flatwater sprint racing, and is held on Green Lake in June of each year. The Club also sponsors casual time-trials on Green Lake the first Tuesday evening of the month from April to September.

Club meetings are held the first Tuesday of each month, and members are welcome to attend. The Club is a volunteer organization and relies on the membership to help organize races and social events, and to help keep the boathouse and boats in good repair. Club members are encouraged to volunteer for these activities.

### Types of memberships:

1. **Governing Membership** -- For all persons 18 years of age and older. It entitles the individual to all privileges of membership, including the use of all Club equipment, the right to vote, hold office, and possess a key to the boathouse. A current float test and signed risk and release form are required.
2. **Family Membership** -- For persons living in the same household as a family unit. Individuals 18 years of age and older have all the rights of the individual governing membership. Family members under the age of 18 years of age do not have the right to vote, hold office, or possess a key to the boathouse; they must have a current float test and a risk and release form signed by a parent/guardian.
3. **Associate Membership** -- For persons who support the mission of the Seattle Canoe & Kayak Club, but don't actually plan on paddling! It entitles the individual to vote at Club meetings and hold office.

Memberships are annual and expire December 31st of the year. The fee structure:

Governing:	<b>\$130.00</b> per year
Family:	<b>\$130.00</b> per year, plus <b>\$45.00</b> for each additional adult, <b>\$25.00</b> for each child.
Associate:	<b>\$15.00</b>
KEY:	<b>\$10.00</b> each (refundable when membership is terminated and key is returned)

**To join the club:** Please fill out the registration form on [page 15](#) of this brochure (the Class Number is **0001.C** for all memberships, and **0002.C** for your key deposit), list each person joining, obtain necessary signatures, and send with completed float tests and payment to the address at the top of the form. The Membership Chairperson for the Club will schedule an orientation session.



# Policies and Procedures

## Non-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

## Fees and Charges

Our Advisory Councils provide the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Councils are used to offset the cost of providing the programs. Program charges include user fees of \$1.50 per hour of instruction for adults, and \$0.70 per class hour for youth and senior adults, paid to Seattle Parks and Recreation to defray operating costs. Seattle Canoe Club user fees are annual; sprint team fees are monthly.

As Advisory Council activities are self-sustaining, we rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

## Payment

You can pay for classes by mail, in person during office hours, or by telephone with a credit card. We accept Visa, MasterCard, and American Express. Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.



## ADA Compliance

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow ten working days advance notice.

## Scholarships

Our advisory councils want to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Scholarships or low income rates are offered for most youth programs and some adult programs. Scholarships are limited to specific programs and are granted based on financial need. For further information or an application, please call us!

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event, or program that is cancelled for any reason by the Department or Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a 10% or \$5 service charge, whichever is greater.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

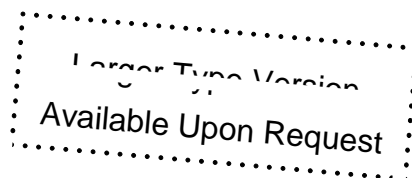
Please read the entire policy for specific information, available upon request.

### Seattle Parks and Recreation Professional Staff

Ken Bounds -- Superintendent  
Herbye White -- Recreation Support Division Director  
Kathy Whitman -- Aquatics & Events Manager  
Jason Frisk -- Senior Program Recreation Specialist/GLSCC  
Jackie Etsell -- Office Assistant/GLSCC

# REGISTRATION INSTRUCTIONS:

## HOW TO REGISTER:



1. Complete the registration form below.
2. Obtain required **signatures**.
3. Enclose checks or money orders payable as follows, and mail to the small craft center. visa, MasterCard or American Express may also be used.  
Canoe & Kayak classes/programs/membership: **"Seattle Canoe Club"**  
Rowing & Sailing classes/programs: **"Rowing Advisory Council"**  
GREEN LAKE SMALL CRAFT CENTER  
5900 West Green Lake Way North  
Seattle, Washington 98103-5900  
Phone: **206-684-4074** Fax: **206-684-4042**
4. Registration from one session to the next is not automatic nor are openings in a particular class guaranteed.
5. Senior Citizen Discount of \$.80/hour class, available to adults ages 65 and older.
6. Walk-in and mail in registrations accepted **through January 31** for spring registration. After January 31, phone in registrations will **also** be accepted.

## REGISTRATION FORM

ADULT NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ DATE \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (h) \_\_\_\_\_ (w) \_\_\_\_\_ (Emergency) \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE FORM:** Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. **Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.**

PARTICIPANT'S NAME		Participant Signature All participants must sign. If under 18, parent must sign.	Birth Date	E O *	Sex	Class Number	Class Fee	OFFICE USE ONLY
Last	First							
FLOAT TEST REQUIRED (see p 3)							Total	

\*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

Complete the following information if paying by credit card: Type (circle): Visa MasterCard AmExpress  
Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Name as Shown on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_